

# #afochvuidraufgehn



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
	6.15 - 7.15 CROSS FIT			6.15 - 7.15 CROSS FIT	9.00 - 10.00 HIB / BURNBELL FITNESS
					10.00 - 11.00 CROSS FIT

16.00		16.00 - 17.00 CROSS FIT		16.00 - 17.00 CROSS FIT	
17.00	16.30 - 17.30 CROSS FIT	17.00 - 18.00 CROSS FIT	17.00 - 18.00 CROSS FIT		16.30 - 18.00 WEIGHT LIFTING
18.00	17.30 - 19.00 WEIGHT LIFTING	18.00 - 19.00 CROSS FIT	18.00 - 19.00 BURNBELL FITNESS	18.00 - 19.00 CROSS FIT	18.00 - 19.00 BURNBELL FITNESS
19.00	19.00 - 20.00 BURNBELL FITNESS	19.00 - 20.00 HIB HIGH INTENSE BODY WEIGHT	19.00 - 20.30 WEIGHT LIFTING		19.00 - 20.00 CROSS FIT
20.00				20.00 - 21.00 HIB HIGH INTENSE BODY WEIGHT	

**OPENING HOURS**

**RAW -  
FREIES TRAINING**

**MONTAG - SONNTAG  
6:00 - 22:00 UHR**